

Crispy Sesame Spiced Tahini Quinoa

Ingredients

- 1 cup dried quinoa
- 1 tbsp. tahini
- 1 tbsp. sesame oil
- 1 tbsp. maple syrup
- 1 tbsp. apple cider vinegar
- 3 tbsp. olive oil (or more, if needed)
- 1 tbsp. brown mustard seeds
- 1 tbsp. cumin seeds
- 1 tsp. dried ginger
- 1 tsp. garam masala
- ½ tsp. red pepper flakes (optional, for spice)
- 3 cloves of garlic, minced
- ½ medium onion, diced

Steps

1. Place one cup of quinoa in a small saucepan with water, and cook according to the directions on the box. Once the quinoa is cooked, remove the lid to allow it to dry out a little, and set aside.
2. While the quinoa is cooking, mix the tahini, sesame oil, maple syrup, and vinegar in a bowl or jar with 2 tbsp. water, and mix or shake to combine. Set aside.
3. In a large skillet, heat the olive oil. Add the mustard and cumin seeds, and cook, stirring, until the seeds start to pop. Add the garam masala, ginger, red pepper flakes, garlic and onion, and cook, stirring, until the onions soften.
4. Add the cooked quinoa to the skillet, and toss to cover with the spices and oil. Let it cook for a few minutes, and then stir, allowing the quinoa on the bottom of the pan to become crispy each time. It's okay if some of it burns a little, as long as your getting a good crispy. When the quinoa has reached the desired level of crispiness, pour the tahini mixture over the quinoa. Turn off the heat, and stir until it's all been well coated and the moisture is absorbed. Serve warm, and enjoy.

